

Adam Herold



# VICTIM IMPACT STATEMENT

For court use only  
Information Number

Victim's Name Adam Herold / Raelene Herold Police Service RCMP  
Offence Date April 6/2018 Offence Location Armley Corner Incident/File Number 2018 - 446743

This form may be used to provide a description of the physical or emotional harm, property damage or economic loss suffered by you as the result of the commission of an offence, as well as a description of the impact of the offence on you. You may attach additional pages if you need more space.

Your statement must not include:

- any statement about the offence or the offender that is not relevant to the harm or loss you suffered;
- any unproven allegations;
- any comments about any offence for which the offender was not convicted;
- any complaint about any individual, other than the offender, who was involved in the investigation or prosecution of the offence; or
- except with the court's approval, an opinion or recommendation about the sentence.

You may present a detailed account of the impact the offence has had on your life. The following sections are examples of information you may wish to include in your statement. You are not required to include all of this information.

## Emotional impact

Describe how the offence has affected you emotionally. For example, think of:

- your lifestyle and activities;
- your relationships with others such as your spouse, family and friends;
- your ability to work, attend school or study; and
- your feelings, emotions and reactions as they relate to the offence.

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## Physical impact

Describe how the offence has affected you physically. For example, think of:

- ongoing physical pain, discomfort, illness, scarring, disfigurement or physical limitations;
- hospitalization or surgery you have had because of the offence;
- treatment, physiotherapy or medication you have been prescribed;
- the need for any further treatment or the expectation that you will receive further treatment; and
- any permanent or long-term disability.

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### Economic impact

Describe how the offence has affected you financially. For example, think of:

- the value of any property that was lost or damaged and the cost of repairs or replacement;
- any financial loss due to missed time from work;
- the cost of any medical expenses, therapy or counselling; and
- any costs or losses that are not covered by insurance.

Please note that this is not an application for compensation or restitution.

### Fears for security

Describe any fears you have for your security or that of your family and friends. For example, think of:

- concerns with respect to contact with the offender; and
- concerns with respect to contact between the offender and members of your family or close friends.

### Drawing, poem or letter

You may use this space to draw a picture or write a poem or letter if it will help you express the impact that the offence has had on you.

☒ I would like to present my statement in court.

To the best of my knowledge, the information contained in this statement is true.

Dated this 18 day of January 20 19, at Montmartre  
Signature of declarant Laverne Herold

If you completed this statement on behalf of the victim, please indicate the reasons why you did so and the nature of your relationship to the victim.

Dated this \_\_\_\_\_ day of \_\_\_\_\_ 20 \_\_\_\_\_, at \_\_\_\_\_  
Signature of declarant \_\_\_\_\_



## What is a Victim Impact Statement?

- It is your opportunity to tell the court how this crime has affected you emotionally, physically and financially.
- It is important that the Judge knows how you have been harmed, or suffered loss, as a result of this crime.
- It is one of the factors the Judge may consider at the time of sentencing.

## What should I know before completing a Victim Impact Statement?

- Your completed Victim Impact Statement will be given to the person charged with the crime and his/her lawyer. This is called disclosure and is required by law.
- It will be filed with the court only after the accused person is found guilty. Once it is filed with the court, it becomes a public document.
- Others likely to see your Victim Impact Statement include the Crown Prosecutor prior to sentencing, probation staff when supervising probation orders, and corrections staff when making decisions about the release of the offender from jail.
- Please note: the law requires the Judge to consider only what is relevant to sentencing the offender.
- You may be required to answer questions about your Victim Impact Statement in court at a preliminary hearing, trial or sentencing hearing.

## How will my Victim Impact Statement be presented?

- The Judge may read your Victim Impact Statement prior to sentencing.
- You may read it out loud in court if you want, or present it in any other manner that the court approves of.
- If you are unable to provide a written statement in English or French, you should tell the police, the Crown Prosecutor or police-based victim services.
- In some cases it is possible for a Victim Impact Statement to be recorded and presented in a different way.

## What is Restitution?

- It is money ordered by the court to be paid to a victim as part of an offender's sentence.
- It is to reimburse the victim for the actual loss or damage resulting from a crime.
- It is one way the offender can make up for the harm you have experienced.

### Restitution may cover:

- Damage or loss to your property;
- Financial loss due to fraud;
- Financial loss or expenses due to physical injury;
- The expenses of temporary housing, food, childcare, transportation or moving out of the offender's household, when the harm is to the offender's spouse or child; and
- Financial loss due to unknowingly buying stolen property that has been returned to its lawful owner.

### How do I request Restitution?

- Complete the application on the inside of this brochure.
- Clearly set out the amount of your loss/damages.
- If you need help completing the form or information about the process, contact your local police-based victim services or the Crown Prosecutor.

## What happens next?

- The Crown Prosecutor may use the application to request the Judge to order restitution.
- If an offender is convicted, the Judge may order restitution, but can do so only during sentencing.
- In deciding whether to order restitution, the Judge may ask that a probation officer prepare a report about your loss.
- You will receive restitution only if the Judge orders it paid to you and the offender complies.
- Enquiries may be made through your local police-based victim services or the crown prosecutor's office.
- If restitution is ordered, you will receive a letter of notification.
- You may request a copy of the restitution order (from court).
- You should then contact the Victim Services Restitution Program for information about the terms and next steps for collection (see contact information on previous page).
- If not paid, you may have the restitution order entered as a civil court order judgment that is enforceable against the offender.

### In the Meantime...

- Take whatever steps you feel are necessary to repair damages from the crime.
- Keep estimates, invoices or sales receipts for the cost of repairs, replacement and directly related costs.

**You may submit a Victim Impact Statement or a Statement on Restitution or both.**

### Instruction for Submission:

- Return your completed Victim Impact Statement and/or Statement on Restitution to the investigating police agency as quickly as possible.
- They must be received before the offender is sentenced so they can be considered by the Judge.
- If you know that the accused has an upcoming court appearance, you should return the completed form(s) directly to the crown prosecutor's office.
- You may submit additions to your Victim Impact Statement and/or Statement on Restitution up to the date the offender is sentenced.



# Statement on Restitution

Canada, Province of Saskatchewan.

To the court that is sentencing \_\_\_\_\_ (name of offender) who was convicted, or was discharged under section 730 of the *Criminal Code*, or an offence under that *Act*.

I, \_\_\_\_\_ (name of declarant), declare that (check appropriate box):

- ☐ (i) I am not seeking restitution for the losses and damages I suffered as the result of the commission of the offence.
- ☐ (ii) I am seeking restitution in the amount of \$ \_\_\_\_\_ for the following losses and damages I suffered as a result of the commission of the offence.

Description (describe each loss and damage)	Amount of loss and damage (state the amount of each loss and damage)
1.	\$
2.	\$
3.	\$
4.	\$

I understand that the amount of my losses and damages must be readily ascertainable by the court. For that purpose, I am responsible for providing the court with all necessary documents, including bills, receipts and estimates, in support of my claim for restitution.

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_, at \_\_\_\_\_

Signature of declarant \_\_\_\_\_

Incident Information: Location of incident \_\_\_\_\_ Date of incident \_\_\_\_\_

Name of investigating police agency and officer \_\_\_\_\_

Police incident/file number \_\_\_\_\_ Please indicate whether victim is ☐ Individual ☐ Business or agency

If a business or agency, provide your file number and/or contact person \_\_\_\_\_

Mailing address: P.O. Box \_\_\_\_\_ Street address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Insurance Coverage: Is the loss/damage insured? ☐ Yes ☐ No If yes, amount of insurance deductible \$ \_\_\_\_\_

Name and phone number of insurance company/adjuster \_\_\_\_\_

## Help is available... if you have been the victim of a crime

The Victims Services Program helps victims involved in the criminal justice system in Saskatchewan by providing programs and services. If you need help with your Victim Impact Statement or Statement on Restitution, contact the police-based victim services program nearest you, or your local police service or RCMP detachment.

For more information and a list of police-based victim services programs go to [www.saskatchewan.ca/victimsservices](http://www.saskatchewan.ca/victimsservices) or contact:

Toll free: 1-888-286-6664  
In Regina: 306-787-3500  
Email: [victimsservices@gov.sk.ca](mailto:victimsservices@gov.sk.ca)

If you have questions after restitution has been ordered contact:

Toll free: 1-888-286-6664  
In Regina: 306-787-0173  
Email: [restitution@gov.sk.ca](mailto:restitution@gov.sk.ca)



## Victim Impact Statement

I am Adam Herold's mom, Raelene Herold.

Adam was 16 years old and the youngest player on the bus.

On April 6/2018, my life changed forever

I have 2 children, Adam and a daughter, Erin 3 years older who attends university.

We live on a family farm and make our living on that farm.

We are a very close family who spends most of our time together - either working on the farm, spending time at the lake or other holidays.

For the past several years Russell myself and Erin followed Adam's Hockey - that's just what the 3 of us did. Our schedules revolved around Adam's hockey schedule (practices & games). We seldom missed a game. We travelled across the province



and beyond each season.

Over the years, we have spent much time in hockey rinks and made numerous friends.

This hockey season - We ARE LOST

Attending Adam's hockey games are no longer our main social event of the winter.

Right now instead of following Adam with the Prince Albert Raiders on a B.C road trip - we are grieving parents, writing

Victim Impact Statements and attending court.

Adam was an amazing young man with so much to look forward to in the future. (Yes as his mother I might be a bit biased.)

Adam was a kind young man who was everyone's friend.

Adam was a high level talented hockey player.



Adam was an honor roll student

Adam was a valuable worker on our farm

Adam was a leader

Adam was a loyal friend, grandson, cousin and brother.

Adam was the person in our family, who truly brought the best out in his mom DAD and sister.

Adam loved the outdoors and the farm. He went hunting and snowmobiling any chance he got and Adam spent many hours at the lake.

wakeboarding - Russell myself and Erin in the boat and Adam on the wake board behind.

This past June - on our first day out with the boat for the season - I was absolutely heart broken. Yes there was Russell driving

the boat, myself and Erin sitting in our usual spots looking behind as we always do - but NO Adam on that wakeboard - with his BIG SMILE.

That particular day in June 2018 was one of many for me that represents how my life has changed. There will Always be something missing. Adam is gone forever. Losing my child is NOT something I will get over. I am devastated.

The Loss of Adam has changed my husband and myself and our daughter. We are broken. We are the Herold's before and the Herold's after the tragic bus crash on April 6/2018.



Our future has completely changed

Adam would be in Grade 12 this year. We will not be celebrating his high school graduation in June.

We will not be following Adam's hockey career - wherever that may have taken him.

Adam will not attend college or university

Adam will not take over the family farm

Adam will not get married or have children

As a parent, I feel we have been robbed of our future.

So to answer the question How has your life changed since April 6, 2018?

The answer is simple - everything has changed

Nothing is the same and nothing will ever be

the same. Once again the word I will use is

Devastated



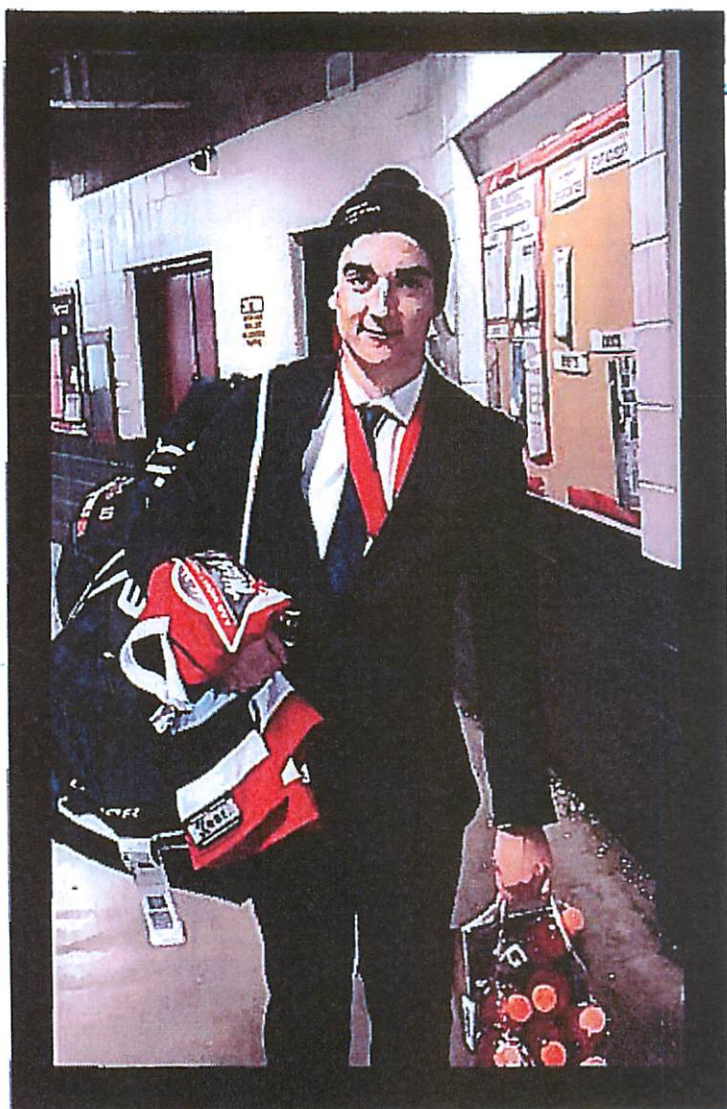




Adam Herold - Age 16

April 12, 2001 - April 6, 2018





Adam Herold Age 14

April 12 2001 - April 6 2018





Government  
of  
Saskatchewan  
Ministry of Justice

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attached

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☒ I would like to present my statement in court.

To the best of my knowledge, the information contained in this statement is true.

Dated this 18 day of Jan 20 19, at Montmartre, Sask

Signature of declarant

If you completed this statement on behalf of the victim, please indicate the reasons why you did so and the nature of your relationship to the victim.

I completed this on behalf of the victim because he was my son

Dated this 18 day of Jan 20 19, at Montmartre, Sask

Signature of declarant



Mr Singh;

I would like you to meet Adam Scott Harold, (show Adam's picture) who died in the accident April 6. Adam's name is a mix of his Grandfathers name (Adam) and my middle name (Scott).

April is the time of year when normally our family and myself look forward to. Two of the best days in my life occurred in April. My daughter Erin was born April 1 and my son Adam was born April 12. Yes you heard right, April 12. He died six days short of his 17<sup>th</sup> birthday. His funeral was held the day after what would of been his 17<sup>th</sup> birthday. Now April is a terrible month for us, as Adam's death will forever be the memory we have, when we should be celebrating.

16 years old with so much promise, and future, taken away in a flash of a hand. Adam was right from a youngster always someone who everybody would want as a friend. He was easy going and reliable, making friends wherever he went because of his

desire to always be a good person and  
treat everyone fairly.

From a very young age Adam would help around our farmyard with his mother and sister. Taking care of the yardsite, cutting grass and working shelterbelts. He helped his mother plant our family garden, which was one of the things he really liked. Adam had a green thumb, something most people don't know.

Adam was a gifted athlete excelling at all sports he participated in. Hockey in particular was one of his passions, where he excelled. He played minor hockey in his home town of Montmartre, Sask, till he moved on to play AA hockey in Weyburn, Sask 100kms away. He then went on to play in Prairie Storm, Balgonie 85kms away where he had to be driven to 4-5 days a week. While playing Bantam AA in Prairie Storm Adam was awarded the Top Defenseman and First team All Star at the prestigious KIBHIT tournament, as well as League First team Allstar. He was chosen to represent Sask on the U16 prov. hockey team for the Western Canada Championships.



(3)

Adam was also drafted that year in the second Round, 35<sup>th</sup> overall in the Western Hockey League Bantam Draft, by the Prince Albert Raiders. He then moved to Regina and was billeted as he played midget AAA with the Regina Pat Canadians. He won a provincial championship with the pats as well as playing in the National Championship, "the Telus Cup." Adam captained the Pat Canadians to their first championship in the prestigious MAC Midget Invitational last year He was named a first team Sask midget AAA allstar and was awarded the Chuck Herriot Award. The award is given to the player who exemplifies leadership and involvement with his team and community as well as academic achievement. Adam was to be playing this season with the Prince Albert Raiders (the #1 team in all the Canadian Junior Hockey League.) Adam was working towards being drafted this Spring in the National Hockey League Draft. This was something he had worked very very ->



hard towards since he was 12. He had <sup>(4)</sup> chosen to spend countless hours traveling to practise and playing on teams far from his home. Moving away at 15 and living with a billet, going to countless skating and workout classes. All aimed at helping him achieve his goal of making the NHL, all gone now.

Adam was an Honour Roll student in both his home community and Leboldus high school in Regina. He was a 90+ plus average student. He could have excelled at any profession he would of chosen. Adam loved the farm he grew upon. Nature and the rural life were very important to him. Adam took great pride in helping out on the farm. Taking a greater and greater role as he got older. He helped seed the crops, maintain the fences, spray the crops, had the grain and drive the combine and grain truck at harvest. Adam often spoke of taking over the Family Farm when his dream of a National Hockey League career was over.

Adam would have been the (5) fourth generation to live and work on our family farm. One can only dream now, where his drive and intellect would have taken the family farm. Now the farm which was going to expand is facing uncertainty. We search for answers as we as a family stress the decision to continue farming. We now have no one to take over the family farm, my daughter suffers from allergies and is unable to continue with farm life. If we want to continue farming we will have to hire help to replace the work he did now, and for the future.

Adam grew up on that family farm. If you know anything about rural life on a farm, you would know that your children are very connected in everything you do. From a young age our kids rode along with us, tending to cattle, seeding and harvesting the crops we grow. They helped in building most of the things on the farm and probably drove almost everything on the farm. →



You live where you play and play <sup>(6)</sup>  
where you work on a farm. Now we  
have no ability to have a "safe place,"  
from always, always thinking of Adam. Where  
we live, where we work is full of memories  
of Adam being there with us and there is no  
escaping it. We have a lake cottage that  
is very dear to all of our family. Adam and  
his sister Erin loved to be at the lake  
and spent countless hours out together in the water.  
We all did, because everything we did, we always  
did as a family. Now that cottage which holds  
all those memories is also a painful reminder  
of happier days that are lost forever. Wherever  
our family went people would say, the "Heros" ~~is~~  
are here. It didn't matter whether it was a work  
event or social event, what ever, it was the  
four of us, now we have a hole that can't be  
replaced.

You Sir have taken the only sibling my  
daughter had, from her. I worry as her parents  
grow old she will not have a family component  
for support when we are gone now that her only  
sibling is gone. Adam and Erin were as close



as two siblings could be. They didn't need (1)  
have friends over or bring a friend along  
on a trip or vacation, they were each others best  
friend. Adam had just bought his sister a gift  
for her birthday and on it, it read: Dream It,  
Live it, Love it. They both had dreams of  
a future, a job, a life, a family for each other.  
Adam was Erins biggest fan and she was his.  
The accident happened just before her  
final exams at university and she had to  
postpone her exams and rewrite later.  
You have taken away her hero, her  
brother, her best friend forever!

You have effectively ended my  
family name as no one will carry on the  
"Herald" name just as you also have brought  
the end to our family farm. Both myself  
and my wife now suffer from depression.

My wife has a very close bond to  
her children. Always interested in what they  
were doing. She read to them daily when they  
were younger, she was actively involved →

in their school and schoolwork. She (8)  
was involved in any sport or activity they  
did. She nurtured them and supported them in  
every thing they did. Adam in many ways was  
his mother. He looked like me and had my  
drive and determination, but he always had  
his mothers compassion and friendly demeanor.  
His mother talked daily to both of her  
children even when they had moved awy from  
home. Always checking up on them, seeing how  
their day was, making sure they got home  
safe when traveling somewhere. Saying I love  
you each night. Now for her there is a gaping  
hole in her life. One of the loves of her  
life is gone. All the caring and nurturing and  
providing for Adam now meaningless. She sees  
a counselor and will so far the foreseeable  
future. She is a very religious person and  
you have destroyed the family she knew and  
have brought question marks into her  
faith. →



(4)  
I myself suffer anxiety, sleep disorder and depression. I cry daily often more than once a day, still now. Adam and I had a very, very close bond. We both shared many of the same passions of life. Our love of sports, Hockey in particular, the outdoors, hunting, and snowmobiling are some things I can't replace. I coached Adam for most of his hockey career and drove him to hundreds if not thousands of practices and games. Special father-son bonding time. Adam shared my love of the outdoors and cared about the loss of habitat in our area. As he got older we did many snowmobile and hunting trips together. These trips are now just memories, for me painful memories as we did a lot of this as Father-Son. We enjoyed and loved each other's company. Now I have a huge void in my ability to participate in and enjoy these activities which I grew up with and learnt from my father. I think about him and →



and all the potential in the world (10)  
we had and how that is now gone, all from  
someone else's careless actions. I struggle to be  
able to concentrate enough to run my farm and just  
take care of my family. The enormosity of the loss  
is overwhelming. We would always follow our kids  
activities, and following Adams hockey was a  
passion of mine and his mothers. We now have no  
hockey to follow, no school to check in on. We have a  
huge hole in our lifestyle and our activities in  
life. We struggle to interact with our friends and  
family who have children the same age as Adam, as we  
see what we no longer have. I see a counsler and  
have no idea when I will be able to go on without  
seeing one. He tells me that my stress, anxiety and  
depression will only get worse, not better as we deal  
with burying Adam. We have not buried him yet. When  
we recently returned home from a trip, I took his  
urn, sat it on my lap and cried as I showed him  
pictures from our trip. Commenting to him about places  
we had been together as a family. Do you  
have any idea what it is like to hold  
your 6' 2" 200lb athletic son on your lap

→

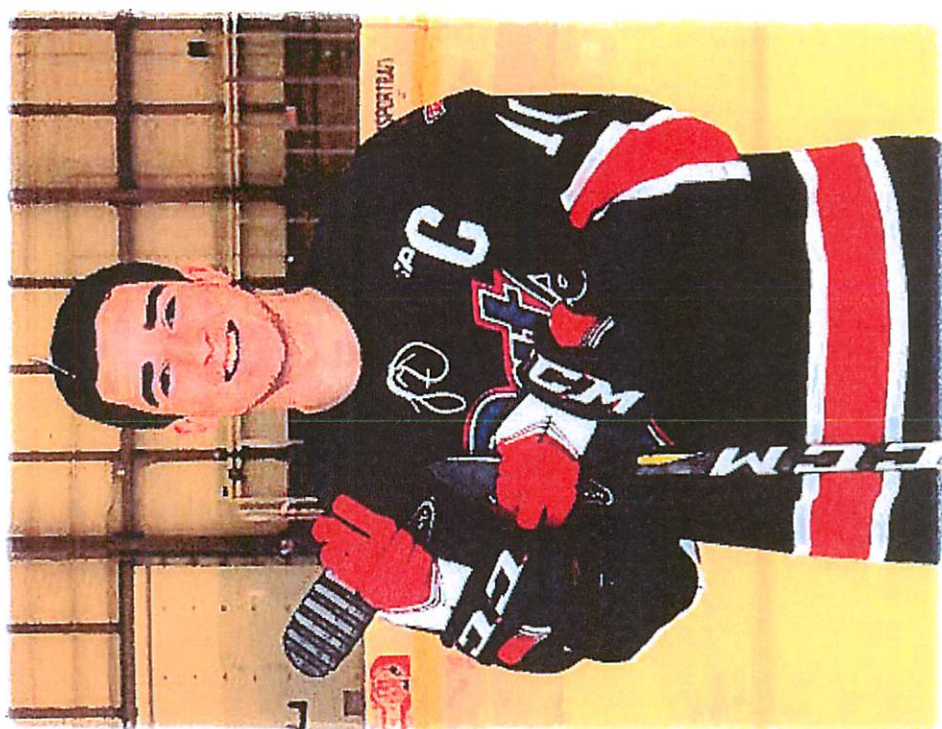
like I did when he was a baby. Only now (11)  
he is in a can, Its DEVASTATING.

You took not only one of the loves  
of my life, you took away my grandchildren  
and crushed my dreams of passing on the  
family farm to my son one day. My days are  
now blank and empty as I hope yours will be.  
Adam can't enjoy the world we live in, can't  
have a love, a family and can't enjoy the success  
in life he would of had. I hope you realize that.  
If it seems like I have repeated Adams  
name alot, I have I hope that now and  
forever and especidly if you ever drive  
again, You remember Adam Herold and the  
names of the other 28 people on the bus that  
day. Their lives and that of their families  
are changed forever because of your actions.  
We will never know did we lose a great  
farmer, an NHL hockey player, a lawyer,  
a doctor, a future premier maybe the  
prime minister of our great country. but →



I know that I Lost a piece of (12)  
my soul, and my heart, my love, my son.

Rest in peace Adam





**Donations**

Trans Canada Trail Drifters  
Box 714, Indian Head, SK S0G 2K0

or

Montmartre Golf Course  
c/o Village of Montmartre  
Box 146, Montmartre, SK S0G 3M0

Tubman Funeral Home's Compassion Help Line  
is a counselling service, free for all to use.  
The number is: 1-800-854-8080.

**Casket Bearers**

Tanner Eberle ~ Dryden Kaczmar ~ Evan Englot  
Drew Englot ~ Jack Glen ~ Jacob Sebastian

**Honorary Attendants**

All Adam's former teammates

**In Loving Memory Of**

**Adam Scott Herold**

beloved son of Raelene & Russell Herold,  
brother of Erin Herold  
and grandson of Lawrence & Carole Englot,  
Emelia and the late Adam Herold  
Montmartre, Saskatchewan

**Funeral Mass**

Sacred Heart R.C. Church  
Montmartre, Saskatchewan  
Friday, April 13, 2018 at 2:00 p.m.

**Concelebrants**

Rev. Gerard Joy Montague ~ Rev. Dennis Remot  
Rev. Ed Hengen

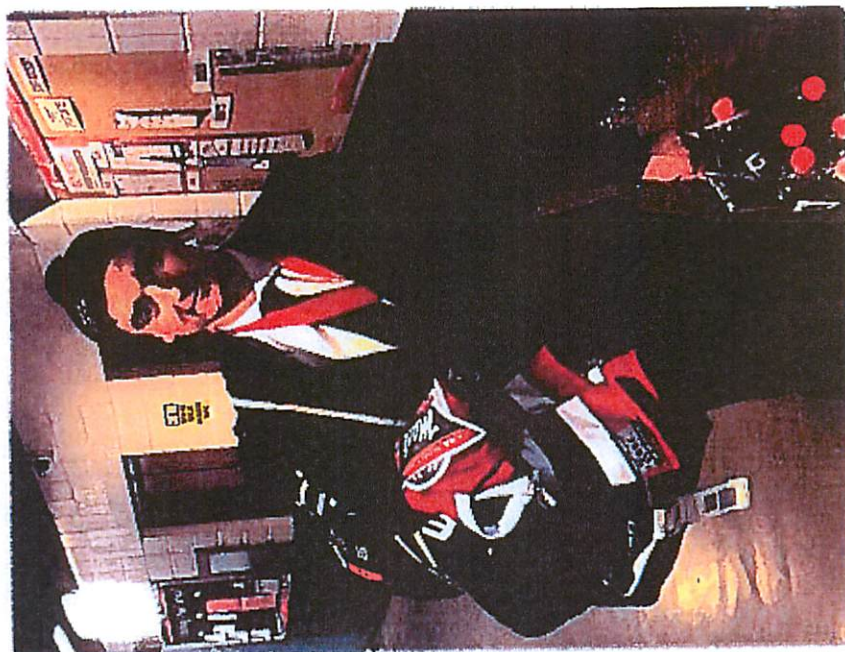
**Eulogists**

Darrin McKechnie ~ Mike Dumelie ~ Mike Blaisdell

**Born:** Regina, Saskatchewan

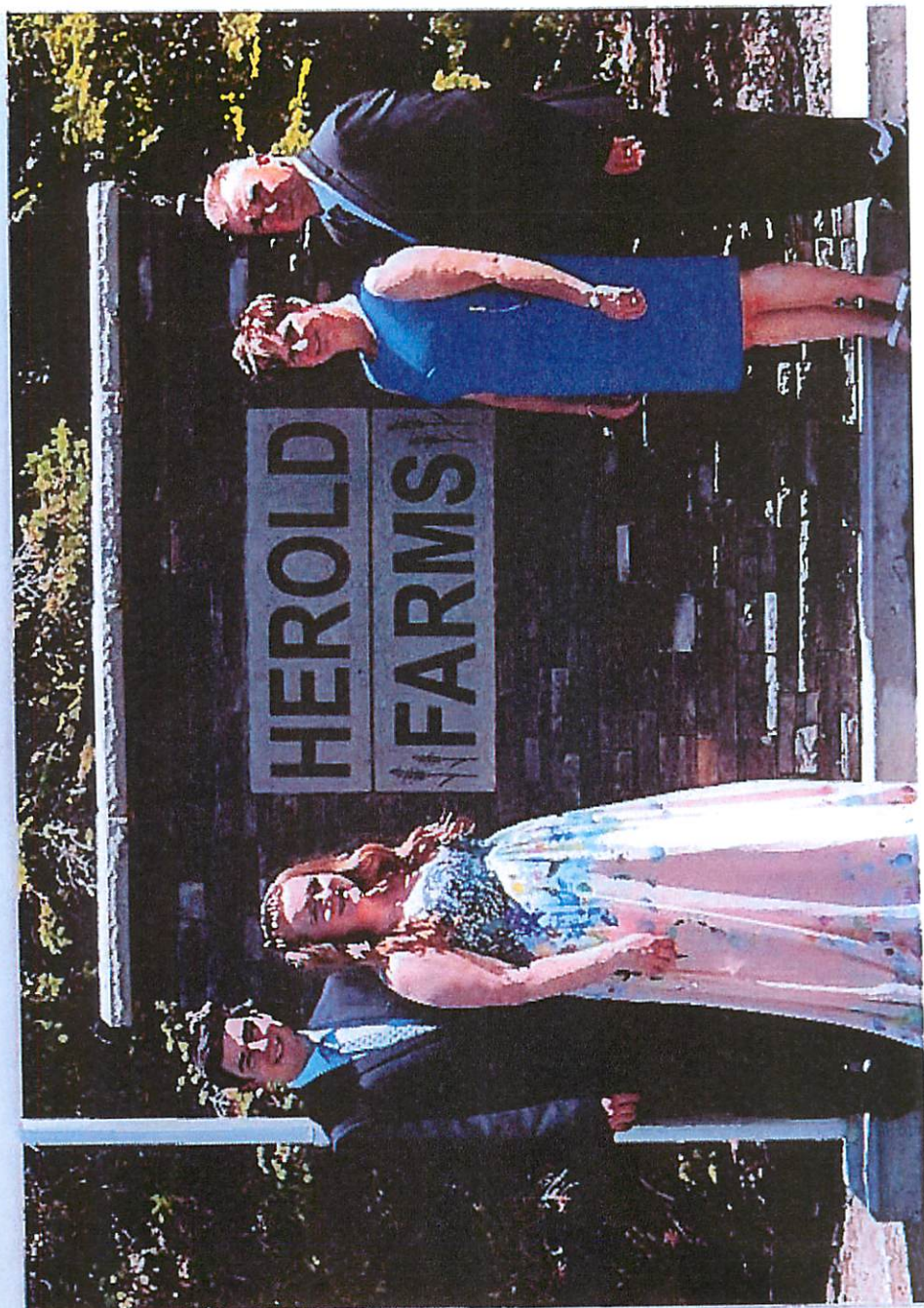
April 12, 2001

**Died:** R.M. of Connaught, Saskatchewan  
April 6, 2018



*Tubman Cremation & Funeral Services*  
*[www.tubmanfl.com](http://www.tubmanfl.com)*









Government  
of  
Saskatchewan  
Ministry of Justice

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Victim's Name Erin Herold Police Service \_\_\_\_\_  
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- the need for any further treatment or the expectation that you will receive further treatment; and
- any permanent or long-term disability.



**Economic Impact**  
Describe how the offence has affected you financially. For example, think of:  
• the value of any property that was lost or damaged and the cost of repairs or replacement;  
• any financial loss due to missed time from work;  
• the cost of any medical expenses, therapy or counselling; and  
• any costs or losses that are not covered by insurance.  
Please note that this is not an application for compensation or restitution.

**Fears for security**  
Describe any fears you have for your security or that of your family and friends. For example, think of:  
• concerns with respect to contact between the offender and members of your family or close friends.  
• concerns with respect to contact with the offender; and  
• concerns with respect to contact between the offender and members of your family or close friends.

**Drawing, poem or letter**  
You may use this space to draw a picture or write a poem or letter if it will help you express the impact that the offence has had on you.

☐ I would like to present my statement in court.

To the best of my knowledge, the information contained in this statement is true.

Dated this 18 day of Jan, 2019, at Regina, SK  
Signature of declarant Erin Howard

If you completed this statement on behalf of the victim, please indicate the reasons why you did so and the nature of your relationship to the victim.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_, at \_\_\_\_\_  
Signature of declarant \_\_\_\_\_



## Emotional Impact

The emotional impact the crash has had on my life has been immense. I would say following the crash the most significant things I felt were despair, disbelief and a suffocating feeling that my life had changed forever. This is still true.

I feel like I lost my best friend. Growing up with only two of us, we were always together. I have now lost my only sibling, which means I have lost the one person that could distinctly relate to me because of our shared youth. In this I have lost the person I thought I would age with, the person who would laugh with me as our parents age and be there through every life event. More often now than ever I think about the future we lost together. Where I saw us travel together, live together and have countless more time together. At the same time I also ~~won't~~ see him having a family eventually, but that won't ever come true. In this I lost ~~the only neeces + nephews~~. In this I lost the chance to have <sup>our</sup> potential children grow up together.

Every Season that has passed brings a wave of new grief. Grief for his love of all seasons and the activities those seasons would bring. It has seen our family try to honor the activities that he loved but barely being able to do so through the sadness.



I feel ~~like~~ that since the crash I have been a shell of who I am. ~~I never~~ I see ~~our family members~~ We are broken inside and I don't know if we will ever be whole again.

I see this through many of our family and many of his friends. The hole in our lives where he was/is. If someone was watching our family, they would see heartbreak and it so hard to see. That was one of the foremost feelings for me at Christmas this year. Through all our ways of honoring Adam all you could see was broken individuals. ~~And~~ And more than anything I wish I could have opened presents with him instead of his urn.

Since the accident I have taken school a bit slower. I often find it hard to concentrate, because grief can hit at any time. It often surprises me what small events can bring on a wave of grief. Something as simple as the word, hockey, seeing someone drive a truck similar to his, or having a random memory. Little tasks often take longer. And sometimes ~~in between~~ without warning I will have a flashback to April 6th, to what that day was like, that week, and that month. Sometimes I vividly remember the Saskatoon funeral home and every feeling washes



2  
over me again. Sometimes it's still hard to believe this is my reality because I can so clearly remember his presence and the next day it feels like an eternity since we spoke.

I haven't 'forgotten' in awhile but for the first 6 months there would often be mornings where I would wake up and have to remember all over again. Especially in April, I would wake up and realize there were people here + then remember why.

I have a great friend group for support but I still know that they, like others, are cautious around me now. Watching what they say, what my reactions are in case a wave of grief hits.

Often there will be a news article that comes across my screen and I can't escape it. Every feeling is back.

In terms of my life ~~and activities~~, so much has changed. I miss going to hockey games and weekly suppers together. And being able to drive home together. I miss the random can you help me with homework texts, watching our favourite show together, playing board games or just talking to each other. I would give anything to have 1 more conversation.



4  
I feel like since the crash I have been remembering each day of his last year. I try to remember what we did and when so I will always have those memories. It's so hard to remember how happy he was because it reminds me of how much happiness he brought me and that he's gone. And it's debilitating to think that.

It feels like an eternity some days and like a day others since I last

watched a hockey game <sup>in person</sup> of his : March 14th  
Saw him in person : March 15th  
Texted him : April 4th.  
Watched a hockey game online : April 4th  
Wished him a Happy Birthday April 12th  
And said Goodbye April 12th.

My whole life and future has changed.  
I miss him more than words can describe.  
I miss him, us, our family.

Erin Herold  
Adam's Sister